

FALL 2023

SUB SCRIPTIIONS

GENERAL DYNAMICS
Electric Boat

Annual Enrollment
Elect or change your benefits.
Nov. 15 - Dec. 1
gdbenefits.com

TAKE ADVANTAGE OF THE CRISP, FALL AIR, AND GO FOR A HIKE!

WAYS TO SNEAK
IN EXERCISE

IMPORTANCE OF TIME
TOGETHER AT THE TABLE

MAMMOGRAPHY
SCREENINGS

ANNUAL ENROLLMENT

Annual Enrollment (AE) is the time of year when employees may elect or change their benefits. This year's AE will take place from November 15th through December 1st at www.gdbenefits.com. During this time, you must elect your medical, dental, vision plans, any voluntary benefits as well as update your contributions to your Health Savings and Flexible Spending Accounts.

There are important changes that you should be aware of so please review the AE material that will be mailed to your home in early November. A couple items to highlight:

- Prime Therapeutics will no longer be providing coverage. Express Scripts will be your new carrier for prescription coverage. This means after annual enrollment, if you have elected a new medical plan, you will get a new prescription ID card mailed to your address on file.
- Your medical plan deductible and out of pocket maximum will be increasing due to IRS laws.

Saving money is important to all of us. You work hard for your money and we want to help make the most of it, especially during this troubling economy. One of the best ways to save money is by using the EB Family Pharmacy to fill your prescriptions. On average, you can save over 50% if you use the EB pharmacy. In addition, if you or a family member are diabetic, enroll in the Dimensions program through the EB Family Pharmacy and receive free generic medication and supplies. It's that easy!

**TO ENROLL IN THE
DIMENSIONS PROGRAM
SCAN QR CODE
FOR APPLICATION**



For those who use mail-order for their prescriptions, Express Scripts has a mail-order service that will save you money. You will receive your prescriptions at your home within 5 – 7 days and delivery is free. Be sure to review your annual enrollment guide for more information on how to sign up for this service.

During Annual Enrollment if you have any questions about your benefit options, please reach out to the General Dynamics Service Center at 888-432-3633. They are open Monday through Friday, 8:30 AM to midnight, EST except federal holidays.

WHAT IS INSIDE



WAYS TO SNEAK IN EXERCISE

03

**THE IMPORTANCE OF TIME
TOGETHER AT THE TABLE**

05

TAKE A HIKE THIS FALL

07

**ON BODY DYSMORPHIC
DISORDER IN MEN**

11

**MOBILE MAMMOGRAPHY
SCREENINGS**

13

SPECIALTY MEDICATIONS

15

**IT ALL COUNTS EMPLOYEE
INCENTIVE PROGRAM**

17

WAYS TO SNEAK IN EXERCISE WHEN YOU JUST DON'T HAVE TIME



These days it is certainly hard to balance work, and your personal life, let alone having someone tell you that you need to add in an hour of exercise on top of it. But what you may not realize is that you can actually sneak bits of exercise into your daily routine without even knowing it. Even just the smallest amount of movement can have a positive impact on your physical and mental health. Here are a few ways you can incorporate exercise into your daily routine.

1. ADDING EXERCISE TO YOUR DAILY ACTIVITIES

Using the stairs instead of taking an elevator can be a great way of fitting in some extra exercise. You don't even have to walk up the whole way, no one is expecting you to walk up 10 flights of stairs, but you could take the elevator half way up and then take the stairs the rest of the way. Or when you go shopping you park your car farther away from the entrance so you can increase the amount of time you're active for.

2. PRACTICE YOGA OR STRETCHING AT HOME

Doing some yoga at the end of the day, or even just some light stretching is a great way to add in some movement and help you relax before bed. It requires little to no equipment and you can find some amazing yoga and stretching videos on YouTube to help guide you.

3. MAKE USE OF THE TIME WHILE YOU'RE WAITING

Waiting for a pot of water to boil?

Why not do some squats or lunges while you wait. Watching TV, where there are actually commercials? Why not pick a different exercise to do during each commercial, like push-ups, or crunches? Exercising for small amounts of time throughout the day can be an effective way of staying active without feeling like you need to commit a lot of your free time to working out.

It is true that as humans we tend to like to take the path of least resistance, but actually a little extra effort can be a great way to increase your activity throughout the day. As you start to slowly add things in you will become more aware of ways that you can be more physically active throughout the day, and you will start to see the positive impact this starts to have on your health.

The EB Wellness team is here to help you achieve your goals. As a member of the EB fitness center, you can meet one on one with a certified personal trainer who can discuss how you might be able to incorporate more activity into your day without committing to an hour in the gym. And if you're not quite ready to join the gym, you can meet with one of our fabulous Optum wellness coaches! Please see their contact information below.

EB Fitness | ebfitness@gdeb.com

AnnMarie Bartelli
Annmarie.Bartelli@plusone.com
860-822-3160 | CT

David Zaldivar
David.zaldivar@plusone.com
332-257-5164 | CT

Jennifer Fine
Jennifer.Fine@plusone.com
401-465-1097 | RI



FITNESS AT A GLANCE

MEMBERSHIP BENEFITS

- Access to all three fitness centers: *New London, Groton, Kings Highway*
- Open 24/7, barring any plant closures
- FREE personal training
- Free & unlimited fitness classes
- Access to lockers & showers
- Commercial grade cardio equipment
- Joining a community

MEMBERSHIP FEES

Initial Enrollement Fee: \$30

Payroll Deduction

Hourly - \$3.00 per pay period

Salary \$6.00 per pay period

SupShip & Non-EB Employees

\$39 per quarter

Paid by check or money order

CLASSES

- Class schedules vary and new schedules are released for Winter, Spring, Summer, and Fall.
- Classes are offered at each fitness center location and are open to members of all fitness levels.

Groton/Kings Highway:
860-433-1515

New London:
860-867-1266

EB Fitness | ebfitness@gdeb.com

THE IMPORTANCE OF TIME TOGETHER AT THE TABLE



Think about the last meal you had with your family. Were you sitting together at the table?

Eating together as a family is a good way to connect and share quality time while also enjoying a healthy meal. But there are so many other additional benefits including better nutrition for all, encouraging healthier weights, reducing chances of behavioral problems in children, and even reducing the influence of cigarette and drug use when kids get older. Work with everyone's schedules to find one meal a day you can eat together, like breakfast or dinner. Here are some tips for creating family mealtime:

- Keep the table free of distractions such as phones, computers and books. This also includes turning the television off.
- Involve kids in meal choices. Ask them what they would like to eat and incorporate their ideas into your weekly meals.
- Plan your week: think about your family's schedules and what would work best for everyone.
- Create conversation, being sure to give everyone a chance to talk. Use general questions like "How was your day?" or pre-planned conversation starters – for instance, "If you had one superpower, what would it be?"
- Involve the entire family with chores, such as setting and clearing the table.
- Take mealtime outside for a change of scenery when the weather's nice.
- Remember to encourage good manners, such as not talking with your mouth full. Make it a tradition for your family to have meals together, and to spend time enjoying each other's company free of distraction.

NEED A LITTLE MOTIVATION?

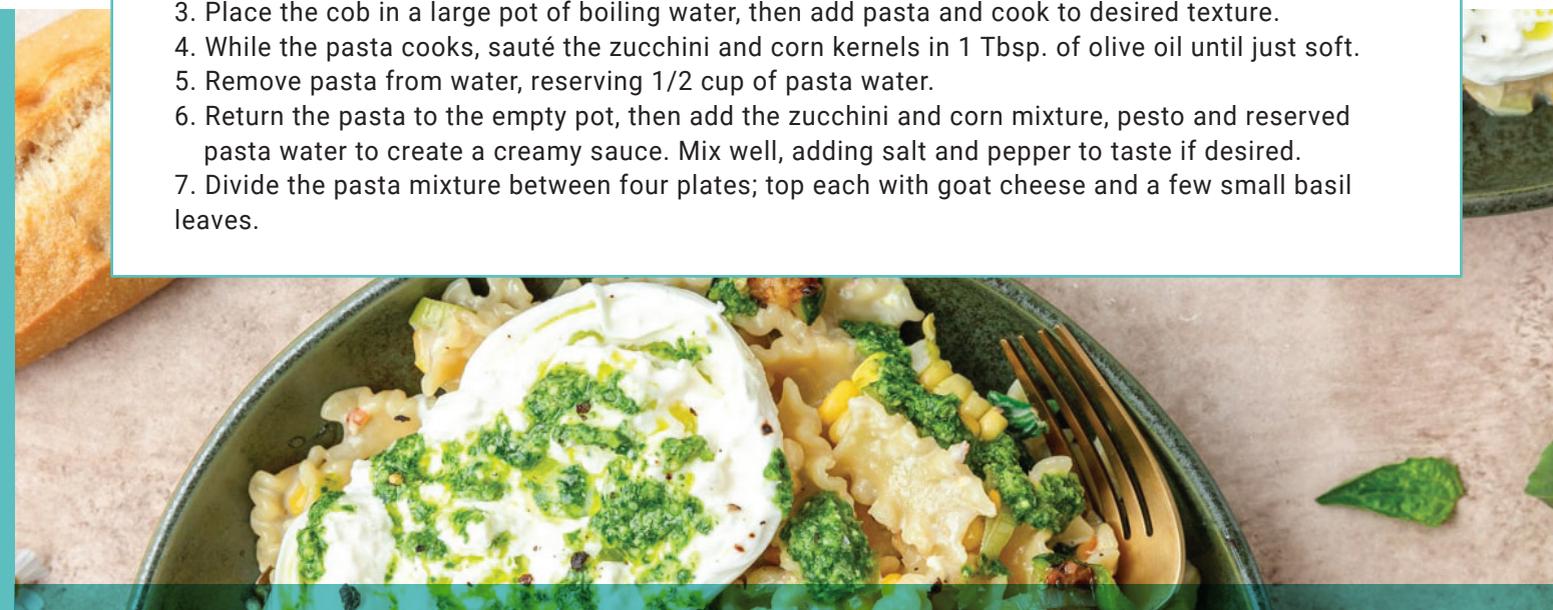
Participate in our family dinner contest. Cook dinner with your family and send a photo of your dish, and family, with a short description to EBWellness@gdeb.com for a chance to win a \$100 Stop and Shop gift card!

— HERE'S A HEALTHY RECIPE TO TRY: —

PASTA WITH FRESH BASIL PESTO, CORN AND ZUCCHINI | *SERVES 4*

- 2 cloves garlic, peeled
- 1/2 cup toasted pine nuts or walnuts
- 1.5 cups packed, whole basil leaves
- Lemon juice (about 1/2 of a lemons worth)
- 1/2 cup Parmesan cheese, grated
- 9 Tbsp. extra virgin olive oil
- 1 lb. whole wheat rigatoni or other large pasta (e.g., fusilli)
- 2 large ear of corn, husked
- 2 zucchinis, sliced diagonally into 1/4-inch pieces
- Salt and pepper to taste
- 8 oz. goat cheese (optional)

1. Combine garlic, pine nuts, basil, lemon juice and cheese in a food processor, then pulse. Drizzle in 8 Tbsp. olive oil until a thick paste forms; add salt and pepper to taste.
2. Cut the kernels from the ears of corn, then set them aside.
3. Place the cob in a large pot of boiling water, then add pasta and cook to desired texture.
4. While the pasta cooks, sauté the zucchini and corn kernels in 1 Tbsp. of olive oil until just soft.
5. Remove pasta from water, reserving 1/2 cup of pasta water.
6. Return the pasta to the empty pot, then add the zucchini and corn mixture, pesto and reserved pasta water to create a creamy sauce. Mix well, adding salt and pepper to taste if desired.
7. Divide the pasta mixture between four plates; top each with goat cheese and a few small basil leaves.



This health and wellness program should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room. The information provided through this health and wellness program is for informational purposes only, and is provided as part of your health and wellness benefits. The health and wellness team is not a substitute for your doctor's care. Your health information is kept confidential in accordance with the law, and may be used to provide health and wellness recommendations as applicable. The health and wellness program is not an insurance program and may be discontinued at any time. © 2022 Optum, Inc. All rights reserved. 260035

Do you feel as though you need a break from this technology-filled world?

Take advantage of the crisp, fall air, and go for a hike! Your Optum Wellness Coaches encourage employees and their families to get outdoors and enjoy some active time in nature. Hiking checks off the boxes in several areas of well-being including physical, mental, and social wellness.

The health benefits of regular physical activity are well established. These include lowering blood pressure and improving heart health, building strength, improving balance, and help in maintaining healthy weight and blood sugar levels. Hiking is a fun way to gain them all and allows for many differing levels of ability and fitness. The Physical Activity Guidelines for Americans recommend that adults get at least 150 minutes per week of moderate-intensity physical activity. Children need at least 60 minutes per day of active play. A long weekend hike or a few shorter outings during the week could be a pleasurable way to meet these goals.

Hiking combines the benefits of physical activity and time spent in nature, offering a boost to mental and emotional health as well. Walking outdoors in a natural setting offers fresh air, daylight, and enjoyable movement. These can increase feelings of happiness, pleasure, and calm, while helping to improve mood and energy levels, and enhance immune function.

While hiking can allow for quiet and solitude, it is also a great opportunity to spend time with friends or family. According to research on happiness, strong social connections contribute to longevity, happiness, and health. Hiking together is a great way to meet people or strengthen existing bonds and friendships. Joining a local club, meet up group or organizing a casual get-together are all ways to make hiking fun and sociable. (See box for information on the EBAC Hiking Club) Sharing a picnic lunch or snack on the trail and taking and posting photos can add to the fun and memories for hikers of all ages.

TAKE A HIKE THIS FALL

GETTING STARTED

PICK THE RIGHT TRAIL FOR YOU AND YOUR GROUP. Make sure that the trail you choose fits the skill and fitness level of your hiking group. Consult an app like All Trails or a guidebook to local trails for ideas.

BE WEATHER-READY. Look at the weather beforehand and make sure you have the proper attire. Pack sunscreen, rain gear and clothing layers as needed.

BRING ENOUGH WATER AND FOOD. Being properly hydrated and fueled throughout the hike will make for a more enjoyable experience.

USE A MAP OR DIRECTIONS. Scope out the trail using a map or app to make sure you stay on the desired trail. Consider taking a GPS device with you.

KEEP SAFETY IN MIND. Wear sturdy sneakers or hiking shoes depending on the nature of the trail. Wearing long pants and socks and using insect repellent can help keep ticks and mosquitoes away. Pack first-aid supplies and a flashlight. Let somebody know where you are going and for how long you will be gone. Consider getting CPR and first-aid trained, especially for longer hikes.



SUGGESTIONS FROM YOUR ON-SITE OPTUM TEAM:

One of my favorite hikes is at Rome Point in North Kingstown at the John H. Chafee Preserve with rocky paths down to a beach and water views. Another fun idea is to seek out RI Land Trust hikes. On each of the 30 walks, you can look for a metal sculpture created by a local artist-might be especially fun with kids. See the challenge at www.riwalks.org. (Jennifer, Wellness Coach)

If you're looking for a moderate hike, I recommend Oswegatchie Hills Nature Preserve in Niantic, CT. This 3.2 mile loop is well-marked and challenges you while also enjoying some solitude in nature. Take your four-legged companion or a group of hiking friends to enjoy it with you. (David, Wellness Coach)

Continued on Pg. 9

SUGGESTIONS FROM YOUR ON-SITE OPTUM TEAM:

I think Bluff Point in Groton, CT is absolutely beautiful. It's generally flat which makes for an easy, enjoyable hike with plenty of great views of the ocean. There are opportunities to stop and take in the scenery or venture off onto one of the side trails for a more woody-feel. (AnnMarie, Wellness Coach)

One of my favorite trails I've hiked that I would recommend is the Warwick Path in RI. It's an easy and relaxing 3-mile, paved, scenic biking/walking path that loops around Warwick City Park and Buttonwoods Beach. It takes about an hour to walk the complete path. It's family, dog, stroller, and wheelchair friendly with plenty of rest, picnic, and beach areas. (Don, Health Promotion Specialist)

If you are looking to take a day trip, Block Island's Greenway Trails are worth the ferry ride. The island-wide network of trails stretch from Sandy Point up north to Black Rock in the south, crisscrossing themselves over old stone walls, open pastures, and forests in the island's interior. This is a 5.6 mile point-to-point trail that offers access to many scenic overlooks. (Courtney, Health Promotion Specialist)

Continued from Pg. 8



JOIN IN OUR FALL HIKING CHALLENGE!

Contact a coach below for more information on how to participate and enter to win hiking themed prizes.

Want some help creating your own fall hiking plan or any other wellness goal you might be working on? Consider Wellness Coaching:

Wellness Coaching offers employees and spouses an opportunity to talk 1:1 with a coach about their health goals. This is a free benefit to all EB employees and spouses. Coaching can be done in-person or by phone. Build motivation to make changes, create plans, set goals, learn about resources, and enjoy on-going support for building a healthy lifestyle. Reach out to your local wellness coach today to schedule your free session:

AnnMarie Bartelli | Annmarie.Bartelli@plusone.com | 860-822-3160 | CT

David Zaldivar | David.zaldivar@plusone.com | 332-257-5164 | CT

Jennifer Fine | Jennifer.Fine@plusone.com | 401-465-1097 | RI

Hiking - PMC (nih.gov)

KEEP YOUR UHC INFORMATION UP TO DATE

As part of your health plan benefits, a UnitedHealthcare nurse may call to offer support as you or a family member manages a health condition, or if someone recently received care at a hospital. The call is confidential, and the nurse can listen, answer questions, and guide you or your caregiver to available programs and resources. To protect your privacy, the nurse may ask for identifying information to make sure they're speaking with the right person.

Log on to www.myuhc.com to update your information.

ON BODY DYSMORPHIC DISORDER IN MEN



Celebrities on social media and in entertainment portraying unrealistic body standards is a threat to the mental and physical health of many, including men and young boys.* Extremely lean, yet tremendously muscular body types have become the ideal among males, but keeping up with this ideal physique can be dangerous, and lead to unsafe behaviors.

Body dysmorphia is defined as a mental illness involving obsessive focus on a perceived flaw in appearance. The flaw may be minor, but the person may spend hours a day obsessively trying to fix it. Males all over the world fall victim to this when they feel inadequate about their normal, healthy bodies in comparison to their favorite actor or athlete. It is perfectly acceptable and even healthy to make changes to improve your fitness and physique, but oftentimes men take it too far and endanger their health both in the short and long-term.

Common signs of male body dysmorphia include over-obsession and preoccupation with appearance, body size, weight, or exercise. A person who chooses to diet and exercise doesn't automatically have body dysmorphia, but when these activities start causing them more worry or preoccupation than joy, those are red flags. They may resort to acts such as starvation, extreme binge eating or purging, performance enhancing drug/supplement use, or hazardous exercise tactics. These acts can have destructive impacts on the health of those who participate.

Over-exercise increases injury risk both in the short and long term. Ronnie Coleman, for example,

was world-renown in the 1990's and 2000's for his hulking physique that earned him the Mr. Olympia title in eight consecutive years. Video clips of his training sessions in which he lifted massive amounts of weight while exclaiming "Lightweight baby!" and "Nothin' but a peanut!" were widely shared in the early days of social media as a source of entertainment and motivation to men and young lifters. Once the model of the ideal male physique, Ronnie now finds himself partially wheelchair-bound in his 50's after his extreme weight training led to a number of musculoskeletal injuries and surgeries.

In teen boys, lowered caloric intake and too much exercise leads to inadequate nutrition that fails to meet the body's metabolic needs. Failure to provide the body with enough calories causes it to go into "starvation mode" which leads to slower hormone production, including testosterone – which is critical for muscle building. On top of that, constant caloric deficit at a young age causes the body's basal metabolic rate (BMR) (the amount of calories needed to maintain your weight) to drop, making it harder to lose body fat as an adult. This will also make it harder to put on muscle in adulthood as well. A teen under-eating and excessively exercising might boast an impressive physique at that time, but this approach is short-sighted and can harm growth, and health going into adulthood.

Avoiding junk foods, participating in safe weight training and recreation, drinking lots of water, and eating a protein and vegetable-enriched diet are all ways to be healthy and improve physique without taking it too far. It is vital for men both young and old to understand that we all have different body types, genetics, and socioeconomic circumstances that we have little control over. It is imperative to teach our youth and ourselves that it is not important to fit society's "ideal male physique", but rather be the best and healthiest versions of ourselves.

If you or someone you know might be suffering from body dysmorphia, there are resources available for support. Counseling at the Family Wellness Center is available for all Electric Boat Employees and their families in CT (in person/telehealth) and RI (telehealth) through the Employee Assistance Program at no cost (up to eight sessions). For more information, call 860-629-8272.

Help is also available at no cost (up to eight sessions) in all other Electric Boat locations by calling Optum EAP at 866-743-6551.

****Body dysmorphia can also occur in young girls and women. This article is meant to bring to light the lack of awareness of this issue in young boys and men.***

ATTENTION WOMEN AGE 40 AND OVER!

Appointments are available to female employees and UnitedHealthcare covered spouses age 40 and older. These important screenings can help detect breast cancer in the early stages. 3D Digital Mobile Mammogram Van appointments will be offered on-site at Kings Highway, Groton and New London on the following dates/times/locations:

Tuesday, December 12th
8:15 a.m. to 2:15 p.m.

EB New London
Visitor Center Parking Lot
28 Nameaug Street,
New London, CT 06320

Wednesday, December 13th
10:00 a.m. to 4:00 p.m.

EB Groton – B Lot
(Outside Bldg. 45A)
75 Eastern Point Road,
Groton, CT 06340H



WOMEN WHO ARE NOT ELIGIBLE FOR A SCREENING MAMMOGRAM:

- Women of any age who have breast problems such as suspicious lumps, abnormal swelling, bleeding from the nipples, etc.

- Women with a history of breast cancer in the past three years
- Women who have had any type of breast biopsy or breast surgery since their last mammogram
- Women who are pregnant or nursing (must stop nursing at least 6 months prior).

YALE NEW HAVEN HEALTH WILL BE OFFERING 3D DIGITAL MOBILE MAMMOGRAPHY SCREENINGS.

WHO CAN PARTICIPATE:

EB employees and female spouses age 40 and older (spouses must be covered on an EB medical plan). Contact UHC Benefits Advocate Alicia Kelley at (763) 361-3190 or email Alicia_kelley1@uhc.com to confirm benefit coverage for mammography.

TO SCHEDULE AN APPOINTMENT:

Please email EB Wellness at EBWellness@gdeb.com. Appointments are required, no walk-ins.

ON THE DAY OF YOUR APPOINTMENT:

- Bring your Health Insurance ID card
- Bring your Driver's License or other form of ID
- NOTE: No powders, deodorant or lotion should be worn

HEALTH AND SAFETY MEASURES:

- Cleaning and sanitizing will be done between each appointment

Mammograms are a qualifying activity for the "It All Counts" portion of the Employee Incentive Program.

Please email EBWellness@gdeb.com with questions.

SPECIALTY MEDICATIONS

AT THE ELECTRIC BOAT FAMILY PHARMACY

Q: WHAT ARE SPECIALTY MEDICATIONS?

A: Specialty medications are high-cost oral or injectable medications designed to treat specific complex and chronic health conditions. They are typically used when traditional medications might not be effective. These medications are often injected, infused, or taken in a unique way, which requires careful monitoring and management.

Q: WHAT ARE SOME COMMON CONDITIONS TREATED WITH SPECIALTY MEDICATIONS?

A: Some conditions are:

- Rheumatoid arthritis
- Multiple sclerosis
- Psoriasis
- Crohn's disease
- Cancer
- Hepatitis C
- HIV/AIDS

Q: WHAT ARE SOME EXAMPLES OF SPECIALTY MEDICATIONS?

A: Some common examples include:

- Humira
- Stelara
- Enbrel
- Dupixent
- Trikafta
- Biktarvy
- Tremfya
- Revlimid
- Otezla
- Norditropin

Q: WHERE CAN I GET MY SPECIALTY MEDICATION PRESCRIPTION FILLED?

A: 1. The Electric Boat Family Pharmacy in Groton, CT or North Kingstown, RI, in person pickup or mail order option.*

2. Alliance RX, a mail order only specialty pharmacy (available until 12-31-2023)**

*There are some specialty medications that are referred to as "Limited Distribution Drugs" which may not be available at the Electric Boat Family Pharmacy. Please contact the pharmacy staff for questions specific to availability of your prescribed medication.

**In 2024, Express Scripts will be your pharmacy benefit administrator for prescription drug coverage. Mail order specialty medications will be filled at the Accredo mail order pharmacy.

Q: WHAT ARE THE ADVANTAGES TO GETTING MY PRESCRIPTION AT THE ELECTRIC BOAT PHARMACY?

A: Specialty medications often come with specific storage and administration requirements. The onsite pharmacy staff will ensure that you understand how to store the medication properly, prepare it for use, and administer it correctly. This is crucial for maintaining the medication's effectiveness.

These medications can have specific side effects that our pharmacists help you anticipate and manage by offering advice on coping strategies and when to seek medical attention.

Specialty medications may interact with other drugs you're taking. If you fill all of your prescriptions at the Electric Boat Pharmacy, our pharmacists have your complete medication profile and are best able to identify potential interactions and work with your healthcare team to adjust your treatment plan if needed.

Specialty medications are associated with high costs. The Electric Boat pharmacists are able to assist employees in navigating insurance coverage and financial assistance options. They can help you understand your benefits, explore copay assistance programs, and identify cost-saving strategies.



Q: ARE THERE GENERICS AVAILABLE FOR SPECIALTY MEDICATIONS?

A: "Generic" specialty medications are called biosimilars. The first biosimilar medication was approved in 2015 and there are currently 41 approved biosimilars approved by the U.S. Food and Drug Administration (FDA).

According to the FDA, a biosimilar is a biological product that is highly similar to and has no clinically meaningful differences from an existing FDA approved reference product (i.e., Brand name product). Biosimilar products can only be dispensed in place of the brand name product if the health care provider specifically prescribes the biosimilar product by name.

There are some biosimilars that are called interchangeable, which means a product may be substituted by the pharmacist without the approval of the health care provider who prescribed the brand name product.

Q: WILL BIOSIMILARS REDUCE THE COST OF SPECIALTY MEDICATIONS?

A: The answer to this question is yes, but it will take

some time. The most prescribed specialty medication currently in the US is Humira. Humira was approved in 2002 and is used to treat several autoimmune conditions. In January 2023 the first biosimilar for Humira was approved, and in July 2023 the first interchangeable biosimilar for Humira called, Cyltezo was approved. In all, the FDA expects to approve at least nine biosimilars for this one drug. This is a trend that will continue to grow over the next several years for other specialty medications and this competition for pricing will eventually lead to cost savings for patients.

Specialty medications still represent a small percentage of all prescriptions filled but account for the majority of spending on prescriptions. This will continue to grow, making the Electric Boat pharmacist an essential member of your healthcare team when it comes to specialty medications. Their expertise, education, and support contribute significantly to the safe and successful management of your condition. By collaborating with your Electric Boat Pharmacy staff and following their guidance, you can achieve the best possible health outcomes.

\$200 IS WAITING FOR YOU!

IT ALL COUNTS is the Benefits and Wellness organization's portion of the company-wide Employee Incentive Program. In order to receive the \$200 bonus for 2023, you will need to complete two qualifying health-related activities as outlined below. This incentive is for Electric Boat employees only.

Completing one activity does not award \$100, you must complete two activities in order to receive the bonus. This is not the usual 85% company-wide goal that has been used in the recent past, this is an individual participation goal.

QUALIFYING ACTIVITIES:

- Complete your annual physical (EB occupational surveillance exams do not count)
- Complete a Smoking Cessation program
- Complete a Know Your Numbers biometric screening
- Participate in one Optum Coaching session
- Attend an EB sponsored fitness class
- Get your annual flu shot
- Complete your preventive colonoscopy exam
- Complete your preventive mammography exam
- Visit the EB Family Wellness center for any kind of appointment
- Fill your prescription at the EB Family Pharmacy
- Attend an EB Sponsored Community Health Event (Heart Walk, Run to Home Base, Army Ten-Miler)
- Complete an EB Sponsored Hands only CPR training
- Donate blood at an EB Sponsored blood drive

WHAT IF I AM NOT ON AN EB MEDICAL PLAN?

If you completed a physical, flu shot, colonoscopy, mammogram, or breast cancer screening, in 2023 and you are not on an EB medical plan but would like to be "counted", please fill out the It All Counts Proof of Qualifying Activity Form (84-08-0735) and email to ebwellness@gdeb.com or bring a copy to the Benefits Office (Groton) or Human Resources (Quonset). Activities completed in 2022 do not count for 2023.

If you have any questions on how to participate, please reach out to your site's Wellness lead.

*Quonset: Erik Teter, eteter@gdeb.com
CT and Off-sites: Katie Perkins, kperkin2@gdeb.com*



EB
BENEFITS
AND WELLNESS

Electric Boat Family Pharmacy

100 Romano Vineyard Way
North Kingstown, RI 02852
ebrx@walgreens.com
1-800-891-4235

Electric Boat Family Pharmacy

32 Chicago Avenue
Groton, CT 06340
ebgrotonrx@walgreens.com
1-888-578-3457

HOURS OF OPERATION

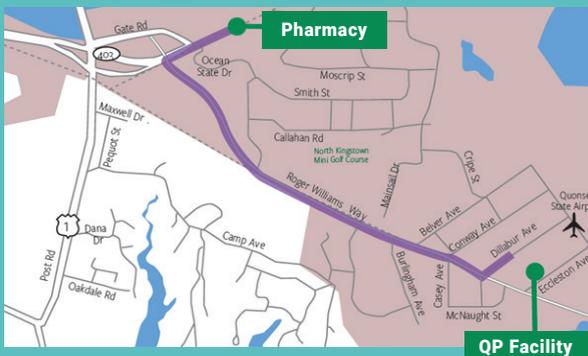
Both the Groton and Quonset Point locations are open six days a week (closed on Sunday) to offer eligible employees and their families expert advice, convenience and low prices.

- **Monday and Friday**
6:30 a.m. - 5:30 p.m.
- **Tuesday and Thursday**
9:00 a.m. - 7:00 p.m.
- **Wednesday**
9:00 a.m. - 5:00 p.m.
- **Saturday**
8:00 a.m. - 1:00 p.m.

HAVE QUESTIONS BEFORE MAKING A PHARMACY VISIT?

Contact the pharmacy nearest you.

Quonset Point



ADDRESS: 100 Romano Vineyard Way
North Kingstown, RI 02852
PHONE: 1-800-891-4235
FAX: 1-401-295-5872
EMAIL: ebrx@walgreens.com

Groton



ADDRESS: 32 Chicago Avenue
Groton, CT 06340
PHONE: 1-888-578-3457
FAX: 1-860-405-0760
EMAIL: ebgrotonrx@walgreens.com

Take advantage of the Electric Boat Family Pharmacy today!